



McKinney Sunrise Rotary Club Sunrise Sentinel

September 24, 2014

Officers and Directors 2014 – 2015

| | |
|--------------------------------------|-----------------|
| President | Steve Mitas |
| President Elect | Larry Offerdahl |
| Secretary | Gary Taylor |
| Treasurer | Dennis Snavely |
| Vice President, Fund Raising | Chuck Koehler |
| Club Service Director | Phyllis Davis |
| Vocational Service Director | Ruben Delgado |
| Youth Services Director | Gene Sera |
| Community Service Director | Scott Parker |
| International Service Director | Trevor Castilla |
| Publicity Chair | Stacey Kemp |
| Rotary Foundation Chair | Fred Bahrenburg |
| Sunrise Sentinel Editorian/Webmaster | Gary Taylor |
| Sergeant-at-Arms | Ed Miles |

Club Meeting Time and Location

07:30 Wednesday Morning
Eldorado Country Club
McKinney, TX

Today's Program

Sponsored by Larry Offerdahl

Past Presidents

| | |
|---------|----------------------|
| 2013-14 | Bill Smith |
| 2012-13 | Gary Taylor |
| 2011-12 | Stacey Kemp |
| 2010-11 | Donas Cole |
| 2009-10 | Nathan White |
| 2008-09 | Pamela Zeigler-Petty |
| 2007-08 | Bill Bilyeu |
| 2006-07 | Tom Parker |
| 2005-06 | K. Lyle Froese |
| 2004-05 | Timothy Kocsis |
| 2003-04 | Scott Dillashaw |
| 2002-03 | Linda Paluga |
| 2001-02 | Steven Mitas |
| 2000-01 | Jeff Caserotti |
| 1999-00 | Larry Offerdahl |
| 1998-99 | Chuck Koehler |



Laura Shwaluk
NTC Health & Fitness Center

Rotary District 5810

| | |
|---------------------------|--------------------------------|
| District Governor | Bill Dendy De Soto Rotary |
| District Governor Elect | Larry Webb, Prestonwood Rotary |
| District Governor Nominee | Bill Dendy, E-Club |

Rotary International

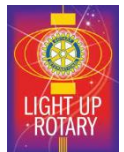
President..... Gary C.K. Huang, Taipei Rotary, Taiwan

The Four Way Test
of the things we think say or do....

1. Is It the Truth
2. Is It Fair to All Concerned
3. Will it Build Goodwill and better Friendships
4. Will it be Beneficial to all Concerned



Rotary Club of McKinney Sunrise, District 5810
Club Number 28762, Chartered May 22, 1992
P.O. Box 2244, McKinney, Texas, 75070
www.mckinneysunriserotary.org



Laura Shwaluk – NTC Health & Fitness Center

Laura Shwaluk decided to become a chiropractor after her sister's horseback riding accident when Laura about eight years old,. Because they did everything together, Laura received adjustments along with her sister, and not only did her sister fully recover from the fall, Laura no longer had terrible headaches.

Her experience was that chiropractic was fun, natural, could be done anywhere in the world, made a huge difference for everyone, and was like visiting friends. It seemed like the best job in the whole world, and to Dr. Laura Shwaluk, owner of the NTC Health and Fitness Center in Plano, it still is.

The world of health is much more complex than it used to be, so after Dr. Shwaluk received her doctorate from Parker College of Chiropractic in Dallas, she achieved certificates in neurology, applied kinesiology, nutrition and functional endocrinology.

As a result, making a huge difference for people has taken on a much more advanced level of preventing or reversing chronic diseases. Such as, Type II diabetes, hypothyroidism, gastrointestinal issues, autoimmune disorders and age related illnesses.

The goal of her wellness and functional medicine practice is to help people gain independence of their health for the rest of their life. This is based on the five pillars of health - detox, diet, hormone balance, exercise and the nervous system. Dr. Shwaluk's practice provides a wide range of classes, seminars and treatment programs, including nutrition, chiropractic, hormone balance, fitness and permanent weight control.

Dr. Shwaluk is the author of [Take Charge! Steps to Prevent Breast Cancer](#) and the [Take Charge! 90 Day Workbook](#), is a member of the Texas Chiropractic Association and is licensed with the Pastoral Medical Association.

Volunteer Opportunity

Volunteer Opportunity: The three Interact Clubs at McKinney High, Boyd High and North High are co-hosts with the McKinney Sunrise, McKinney Sunset and McKinney Rotary Clubs

for the annual Rotary District 5810 Interact Leadership Seminar on Saturday, Sept 27, at Faubion Middle School, 2000 Doe Rollins St, from 8:30 AM until Noon. Rotarian volunteers are needed to help as greeters and guides and to serve refreshments and cleanup in the Cafeteria before, during and after the event. The District 5810 Interact Committee has made all the arrangements, but we need volunteers to step up and assist supervision of

approximately 125-150 high school Interact officers. Please contact Sandi Froese, District 5810 Interact Committee Chair, at swfroese@sbcglobal.net if you can help. This is an opportunity to observe our youth in action!



Illness Leads Former Navy Code Breaker to Form World's First Facebook-Based Rotary Club

When a life-threatening illness stripped away many of her professional ambitions, Amanda Wirtz, a former U.S. Navy code breaker and professional violinist, turned to humanitarian service and Facebook to give her life new purpose.

Wirtz was in her twenties and pursuing a career as a fitness trainer when a sharp pain in her abdomen sent her to the emergency room. Expecting something manageable like appendicitis, she instead found herself facing a rare tumor disorder that required her to undergo 30 surgeries over the next several years. Forced to rethink her life plans, Wirtz began focusing on how to help others, a quest that led her to Rotary. "I met an older man with a Rotary pin," Wirtz recalls, "and I said, 'I love Rotary.' Ten years earlier as a Rotary Youth Exchange student, Rotary had helped build a hope and a future for me. Now, I found that through Rotary I could build hope and a future for others. And doing that, I found that I actually received it myself."

Wirtz launched the world's first Facebook-based Rotary club last year, United Services Rotary, after being approached by Rotary leaders who were seeking ways to make membership more convenient for U.S. military personnel. Their need to travel and relocate frequently can make it difficult for members of the military to commit to the weekly attendance that most Rotary clubs require. The leaders came to Wirtz because of her passion for service and her military background. The club differs from a traditional Rotary club in that members log in to Facebook at any time during the week to view a high-definition video that reproduces many of the elements of a typical meeting: The Four-Way Test, sharing of Rotary moments, announcements, and a presentation by a main speaker. If there hasn't been time to record an original program, the weekly presentation may be a TED talk or other video on a Rotary-related topic that's available online. Members keep in touch through Facebook updates and by posting on each other's timelines. Wirtz admits that meeting online comes with some drawbacks.

"There is nothing like being in the same room with another person. I don't think anything can replace one-on-one interaction," she concedes. "So it's, 'How can I get a sense of you truly to have the feeling of real fellowship in a remote location?' And honestly, that's something we are continuing to work on." But she feels social media is too big a phenomenon for Rotary not to embrace it. "I see a lot of missed opportunities, and my pain reminds me that time is short," Wirtz says. "Social media is a powerful tool. But it is more about embracing whatever strategy brings innovation, opportunity, and change. If we are to do anything about the mounting problems in the world, and the problems within Rotary regarding keeping members, we need to do whatever it takes to fully engage our evolution."

SERVICE ITS OWN REWARD

Wirtz's quest to help others has meant learning new skills. After working with an exercise physiologist to manage her pain, she enrolled at the University of Illinois to earn a degree in health education and graduated with top honors. She followed that with an advanced degree at the University of California, Santa Barbara. A motivational speaker, Wirtz now shares her story with audiences around the U.S., combining her new life philosophy with her other passion, playing the violin.

"When I hear our motto Service Above Self, I am reminded of the words of Mahatma Gandhi, who said, 'the best way to find yourself is to lose yourself in the service of others.' I feel passionately that by serving we answer the most important question -- and that is, Who do we want to be?"

In its first year, United Services Rotary received a grant to build a memorial wall at U.S. Marine Corps Base Camp Pendleton for those killed in combat. It has renovated elementary schools in San Diego and provided tsunami relief in Japan. It is also organizing a larger project that would gather Rotary members from all over southern California for an annual day of international service in Baja California, Mexico.

For other projects, members assist each other remotely.

"We have a member in Germany. If he wants to do a project for schools in Germany, I can find some way to facilitate that. Maybe some kind of exchange, maybe we get students talking to each other," Wirtz says. "It's a creative world. There are no restrictions to it."

"We are bringing social media and Rotary together in a way that has never been done before. Paul Harris said, 'This is a changing world; we must be prepared to change with it. The story of Rotary will have to be written again and again.' I think Paul Harris would have liked social media."

Area Meeting Makeup Locations

| <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> |
|---|---|--|---|---|
| <p style="text-align: center;">11:45 Farmers Branch Rotary Club, Holiday Inn Select Galleria Area 2645 LBJ Freeway Dallas, Texas</p> <p style="text-align: center;">Noon Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p> | <p style="text-align: center;">7:30 AM Frisco Sunrise Rotary Club Randy's Steakhouse, 7026 W. Main St.</p> <p style="text-align: center;">Noon Farmersville Rotary Club O.E. Carlisle Civic Center 201 Orange St. @ Hill Street</p> <p style="text-align: center;">Noon Plano West Rotary Club Greek Isle Rest. @ 3309 N. Central Expressway</p> | <p style="text-align: center;">7:30 AM Prosper Rotary Club Cotton Gin Cafe@ 204 W. Broadway</p> <p style="text-align: center;">Noon Allen Rotary Club Courtyard by Marriott @ 210 E. Stacy Road</p> <p style="text-align: center;">Noon Hurricane Creek Rotary 1800 Fairway Lane Anna</p> <p style="text-align: center;">Noon Prestonwood Rotary Club Prestonwood CC 15909 Preston Rd., Dallas</p> <p style="text-align: center;">Noon Richardson East Rotary Club Canyon Creek CC 625 Lookout Drive.</p> | <p style="text-align: center;">Noon Frisco Rotary Dave & Busters Stonebriar Centre</p> <p style="text-align: center;">7:00 PM Dallas Evening 415 W. 12th St. La Calle Dolce</p> <p style="text-align: center;">Noon Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p> <p style="text-align: center;">7:30 AM Melissa Rotary Hale Hall 1708 Harrison</p> <p style="text-align: center;">5:15 PM McKinney Sunset Louisiana St. Grill 350 E Louisiana</p> | <p style="text-align: center;">7 AM Plano Sunrise Tino's Two Restaurant 2205 Avenue K</p> <p style="text-align: center;">Noon McKinney Rotary Club Ricks Chop House 107 N Kentucky st.</p> <p style="text-align: center;">Noon Richardson Central Hyatt Regency- North Dallas Hotel 701 E. Campbell</p> <p style="text-align: center;">Noon Park Cities Maggiano's Little Italy 205 North Park Center, Dallas</p> <p style="text-align: center;">Noon Celina Rotary 320 S. Preston Rd TX Star Bank</p> |
| <p style="text-align: center;">Online Makeup www.rotaryclubone.org</p> | | | | |
| <p>Edited 12/06/12</p> | | | | |

Heads Up! Programs and Events

September 24----- Laura Shwaluk – NTC Health & Fitness Center

September 25-----Sunset Club - Club Assembly

October 1-----TBD

October 2-----Sunset Club - Stacey Kemp – Clerk of Collin County

October 8-----TBD

October 9-----Sunset Club -PDG Dr. Richard Gilman – Rotary International Foundation

October 15-----TBD

October 16-----Sunset Club Amy Rogers – Communication/Branding

You are in the middle of some kind of project around the house -- mowing the lawn, putting a new fence in, painting the living room, or whatever. You are hot and sweaty and are covered in dirt or paint. You have your old work clothes on. You know the outfit: jeans with the hole in the knee, old t-shirt with a stain from who knows what, and an old pair of tennis shoes.

Right in the middle of this great home improvement project you realize you need to run to Wal-Mart to get something to help complete the job. Depending on your age, you might do the following.

In your 20s: Stop what you are doing. Shave, take a shower, blow dry your hair, brush your teeth, floss, and put on clean clothes. Check yourself in the mirror and flex. Add a dab of your favorite cologne because you never know -- you just might meet some hot chick while standing in the checkout lane. You went to school with the pretty girl running the register.

In your 30s: Stop what you are doing, put on clean jeans and shirt. Change shoes. You married the hot chick, so no need for much else. Wash your hands and comb your hair. Check yourself in the mirror. Still got it. Add a shot of your favorite cologne to cover the smell. The cute girl running the register is the kid sister to someone you went to school with.

In your 40s: Stop what you are doing. Put on a sweatshirt that is long enough to cover the paint stain on the pocket of your jeans. Put on different shoes and a hat. Wash your hands. Your bottle of Brut cologne is almost empty, so you don't want to waste any of it on a trip to Wal-Mart. Check yourself in the mirror and do more sucking in than flexing. The spicy young thing running the register is your daughter's age and you feel weird thinking she is spicy.

In your 50s: Stop what you are doing. Put a hat on, wipe the dirt off your hands onto your shirt. Change shoes because you don't want to get dirt in your new sports car. Check yourself in the mirror and you swear not to wear that shirt anymore because it makes you look fat. The cutie running the register smiles when she sees you coming and you think you still have it. Then you remember the hat you have on is from your buddy's bait shop and it says, "I Got Worms."

In your 60s: Stop what you are doing. No need for a hat anymore. Hose the dog poop off your shoes. The mirror was shattered when you were in your 50s. The girl running the register may be cute, but you don't have your glasses on so you are not sure.

In your 70s: Stop what you are doing. Wait to go to Wal-Mart until they have your prescriptions ready too. Don't even notice the dog poop on your shoes. The young thing at the register smiles at you because you remind her of her grandfather.

In your 80s: Stop what you are doing. Start again. Then stop again. Now you remember that you needed to go to Wal-Mart. Go to Wal-Mart and wander around trying to think what it is you are looking for. The old lady that greeted you at the front door went to school with you.

| Member Name | Work | Home | Cell | Classification |
|----------------------|--------------|--------------|--------------|-----------------------------|
| Ron Baker | | | 541-420-9396 | Retired |
| Fred Bahrenburg | | 972-540-1311 | 972-523-4827 | TV Cable Installation, ret. |
| Bill Bilyeu | 972-548-4698 | 214-686-1329 | 214-686-1329 | Collin Co. Admin |
| Jeff Caserotti | 972-548-1199 | | 214-850-4841 | Auto Insurance |
| Trevor Castilla | 972-569-9193 | 972-529-6534 | 469-371-5409 | Civil Engineer |
| Donas Cole | 972-548-5482 | 972-548-6908 | 214-592-5279 | Hospital Admin |
| Weldon Copeland | 972-548-3811 | 972-562-0838 | | Judge – Probate |
| Phyllis Davis | | | 972-658-5800 | Real Estate Broker |
| Ruben Delgado | 972-548-3728 | 972-548-0326 | 214-686-6998 | County Engineer |
| Rebecca Drekmann | 972-548-5539 | | 214-250-6627 | Public Health |
| Lyle Froese | | 972-569-8843 | 972-523-8350 | Ed Admin |
| Sandi Froese | 903-815-4779 | 972-569-8843 | 903-815-4779 | Ed Admin |
| Marc-Andre Gagnon | | 214-227-6744 | 469-247-1894 | Leadership – Bus Consult |
| Stacey Kemp | 972-548-4136 | 972-837-2534 | 214-356-4808 | County Govt. Admin. |
| Tim Kocsis | 972-547-6404 | 972-838-1808 | 972-670-3850 | Comp. Programmer |
| Chuck Koehler | 214-449-6868 | 972-529-1110 | 214-449-6868 | Financial Mgmt |
| Brian Loughmiller | 972-529-5554 | 972-529-9030 | 214-924-6900 | Atty – Family Law |
| Ed Miles | | 972-540-1541 | 214-673-5284 | Psychologist |
| Steve Mitas | 972-547-6404 | 972-837-4474 | 972-670-1197 | Comp. Software |
| Scott Parker | 214-385-4142 | 972-727-9852 | 214-287-0737 | Financial Consultant |
| Tom Parker | 972-540-2180 | 972-540-2180 | 972-832-5590 | Ed. Admin – Pers. |
| Larry Offerdahl | | 972-562-5722 | 806-672-0680 | Retired Parks and Rec |
| Gene Sera | 972-542-0095 | 972-548-7884 | 972-670-7400 | Defense Attorney |
| Bill Smith | 972-731-4014 | 972-569-8811 | 985-774-4048 | Financial |
| Juli Smith | 972-562-6996 | 972-562-1866 | 972-658-9977 | Non-Profit |
| Dennis Snavelly | 972-771-2155 | 972-562-3796 | 972746-6920 | Business Communications |
| Scott Stineman | 972-332-4663 | 214-384-4018 | | Wholesale Insurance |
| Gary Taylor | 972-548-5140 | 972-984-1052 | 972-984-0661 | Groc. Store Mgmt |
| Nathan White | 972-979-9204 | 972-562-6445 | 972-979-9204 | Judiciary |
| Jason Woodward | 972-338-3022 | | 954-444-2709 | eCommerce |
| Pamela Zeigler-Petty | 972-407-3643 | | 214-471-3830 | Bank Mgt – Bus. Banking |

Honorary Members

Connie Yeager

*Note: Please notify Dennis Snavelly if there is a change in your phone number or e-mail address. Thank you
Having your number here makes it a public record, please notify Gary if you prefer not to have it listed here.*